

Systemic Therapeutic Assessment Respite and Treatment (START)

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Review of START Program

START, a national initiative, is a Crisis Prevention and Intervention service provided through crisis response, clinical consultation, training and therapeutic respite.

Provided to individuals at least 18 years of age

- with a supported diagnosis of intellectual disability or developmental disability and
- having a co-occurring mental illness or significant challenging behaviors

This presentation has been developed in collaboration with the Center for START Services, www.centerforstartservices.com

What does START provide?

- 24/7 Crisis Response
- Cross Systems Crisis Prevention and Intervention Plans
- Comprehensive Service Evaluations
- Clinical Assessments, including MD and PHD
- Therapeutic Respite Services
 - Crisis and Planned (Crisis Prevention)
 - Community In-Home
 - 6-Bed site in each region
- Separate Advisory Council for each region
- Linkages between teams

Who Should be Referred to START?

- Someone who:
 - is at risk of losing their home or job due to behavioral concerns;
 - has a history of complex medical, behavioral, and/or trauma related issues;
 - has exhibited a significant deterioration in functioning over the past 24 months:
 - has been hospitalized or admitted to a psychiatric hospital or training center;
 - has exhibited behavior that resulted in contact with law enforcement or jail.

START Services

- Spend time with individual in their current environment as part of getting to know them.
- Meet with families/caregivers individually to get to know them and their situations.
- Consultation Clinical Director on individual cases, in collaboration with Medical Director
- Facilitate meetings with relevant CSB staff (case managers, crisis teams)
- Formulate a Provisional Crisis Plan, Cross Systems Crisis Plan, or Comprehensive Service Evaluation (all depending on individual circumstances)
- Arrange for Therapeutic Respite Services
- Provide education to families/caregivers as needed.

START Teams

Each of the 5 START Teams has

- Director
- PT Medical Director (Psychiatrist)
- Clinical Director
- Respite Director
- Coordinators
 - 24/7 Crisis Response Teams
- Direct Care Staff
 - In-home and Therapeutic Respite Site

A Few Key Points...

- START has not replaced emergency services or case managers systems.
- Every step in the START process involves a thorough and clinical assessment.
- START emphasizes crisis PREVENTION through early identification of individuals at high risk.
- When fully operational, all START programs will be able to respond by phone 24/7 and face to face within 3 hours.

Data Collection

- SIRS (START Information and Reporting System) collects detailed client information and is connected to staff working in the field.
- The system tracks
 - services that the individual receives in real time.
 - staff response and other related time.
- Data is shared with the Advisory Councils which review START goals, objectives and outcomes, and provide feedback to enhance the capacity and effectiveness of the program.

Virginia START Locations

Region I - Charlottesville

Region II- Fairfax County

Region III -New River Valley

Region IV- Richmond

Region V-Hampton/Newport News



Regional Updates

Easter Seals UCP

START Director-Jarret Stone

Jarret.stone@eastersealsucp.com

1- 855-91-START (855-917-8278)

- 1) Received License to provide START Services on 12/14/12
- 2) Therapeutic Respite House in Charlottesville opened 1/7/13
- 3) Staff have been meeting and educating the CSB's and other Stakeholders.
 - Training Emergency Services staff on the START program and how to make referrals

Easter Seals UCP

START Director- Philippe Kane
phillipe.kane@eastersealsucp.com
1-855-89-START (855-897-8278)

- 1) Received License to provide Outpatient Crisis Stabilization December 13, 2012
- 2) Therapeutic Respite House, located in Woodbridge, expected to be ready for guests in March.
- 3) Ongoing meetings with stakeholders
 - Continuous trainings and consultations with Emergency Services
 - Working with NVTC staff on referrals to START
 - Trainings with DD Case Managers

New River Valley Community Services

Denise Hall, LCSW START Director

info@swvastart.org

1-855-88-START (855) 887-8278

- 1) Therapeutic Respite House in Radford opened 12/3/12. individuals have benefited from this service.
- 2) Responding to crisis calls 24-7.
- 3) Have accepted over 80 individuals into START services.
 - Referrals sources have included Emergency Services, CSB and DD Case Managers and SWVTC/CVTC staff
- 4) In-Home Therapeutic Respite has been provided throughout the region, helping to prevent out-of-home placement.

Richmond Behavioral Health Authority

Ron Lucas, START Director

lucasr@rbha.org 1-855-282-1006

- 1) Responding to crisis calls 24/7.
- 2) Have accepted over 60 individuals into START services.
 - Developing crisis plans for individuals and training families
- 3) Therapeutic Respite House in Richmond is being renovated and ready for guests summer 2013.
- 4) Will begin providing In-Home Crisis Stabilization services in February
- 5) Ongoing meetings with stakeholders
 - Continuous trainings and consultations with Emergency Services
 - Trainings with DD Case Managers, which has resulted in referrals
 - Meeting with SVTC family group in January.

Hampton-Newport News CSB

Dona M. Sterling-Perdue START Director

donas@hnnncsb.org 1-855-80-START 855-807-8278

- 1) Responding to crisis calls 24/7.
- 2) Have accepted 48 into START Program
- 3) Therapeutic Respite House in Hampton is being rehabbed and ready for guests summer 2013.
- 4) Hiring and training respite staff in February/March.
- 5) Ongoing trainings and consultations with Emergency Services, DD Case Managers, hospitals and other Stakeholders

Office of Developmental Services

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For updated information please see the following web page:

<http://www.dbhds.virginia.gov/ODS-default.htm>